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Some Exercises.

Walking is the best exercise. Do some of it every day. Next to walking comes bowling. You can't throw a bowling ball without stooping clear to the floor, and every stoop stimulates the liver and exercises the intestines. Fifty per cent of the sickness in the world would be eliminated if everybody bowled. Walk or bowl every day. And at night lie flat on your back and raise your legs above your head slowly as many times as you can without fatigue. Then, anchoring your toes under a weight of some sort, raise and lower the body. These two exercises repeated fifteen or twenty times night and morning will do a lot for you. And you'll be surprised to find how quickly you develop endurance. Start with five times and increase each day or two until you reach twenty.—Woman's Home Companion.

Something to Step On.

We don't get very high in this world unless we have something to step on. That is why we put risers in stairs and rounds in ladders.

When we were boys if we could stick our toes into a crevice in the bark of a tree, be it ever so shallow, we could shin up to the top all right. When we got to the lowest branch we were all right. After that we could pull ourselves up easier. But it did seem a long way to the lower limbs sometimes.

That is the story of all life—getting the feet on something and then springing up.

Life is fine, or it is a tragedy, just according to whether we see the meaning of the experiences which come to us and use them to climb up by.—Farm Life.

Her Lost Chance.

Mrs. B.—I wonder why Miss Singleton refused the curate when he proposed to her? Mrs. D.—All a mistake, my dear, a sad mistake. You know, she has grown a little deaf, and she did not suspect he was at all "gone" on her. She actually thought he was asking her to subscribe to the new organ fund, so she told him she was sorry, but she had promised all her money in another direction. Mrs. B.—Then what happened? Mrs. D.—The curate felt himself insulted and departed in dudgeon, and she's lost the only chance she ever had.—London Telegraph.

"I Love You."

Very interesting are the phrases used by the various people of the world to express "I love you." Wherever there are human beings declarations of love are made, and there are a thousand languages in which the tender passion may be expressed. The Chinese say "Uo ugal ni," the Armenian expresses his love with "Se siren as bez," the Arab is content with the short "Ne habbek," while the Turk murmurs "Sidi sevelorum." In India "Main syne ka plsar karim" is the declaration. But the Greenlander holds the palm for the word love. When he does not stammer it has fifteen syllables and has been recorded phonetically thus: "Unifgraerdnialnerdronajunguarig-ujak!"

An Ancient Guild.

The Cutlers' company had probably existed long before the grant of the first charter by Henry V. Early in the previous century a fierce quarrel is recorded between the Cutlers and the Sheathers, who were accused of having discredited the Cutlers by supplying them with unworkmanlike sheaths for knives, daggers and swords, to which the Sheathers cruelly retorted that the Cutlers disgraced the sheaths by selling inferior foreign blades for English.—London Spectator.

Cyprus.

Cyprus was an extremely popular resort for Britishers for a year or so after the announcement, in 1878, that it had become a British protectorate, but as the coast could not provide harbors to compete with those of Malta the vogue of the island receded as quickly as it had sprung up.—London Globe

Worms Used in Medicine.

The earthworm, or the common fishworm, was utilized by the medical practitioners in Europe two and three hundred years ago. The worms were for internal administration and sometimes made into an ointment or embrocation for external use.—Pittsburgh Dispatch.

Marengo.

In the battle of Marengo 58,000 men participated, and of that number 13,000 were killed or wounded, about 22 per cent. Napoleon thought Marengo his greatest victory. He always kept throughout life the uniform he wore on that day.



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SIRES AND SONS.

J. D. Shoop, new Chicago superintendent of schools, a few years ago was a farm hand.

Lord Selborne is England's most notable agriculturist and also the best judge of dairy cattle in Britain.

Honus Wagner says that Rube Waddell, Kid Nichols, Clark Griffith, Christy Mathewson, Grover Cleveland Alexander and Jack Taylor were the six greatest pitchers he ever faced.

Major George N. Evans during thirty-two years as disbursing officer, department of the interior, Washington, has handled \$400,000,000 without error or loss either to the government or himself.

The Duke of Norfolk is the shabbiest of England's peers. At Gladstone's funeral he was taken for the abbey verger and quite recently was mistaken for the applicant for a job at a shop in Portsmouth.

Sir Hiram Maxim, whose machine gun is a big factor in the present war, was a barefooted lad in the backwoods of New England sixty years ago. As a lad he worked a lathe in a coach builder's shop, the machinery of which was turned by a water wheel.

Frank A. Vanderlip, president of the National City bank of New York, has taken on \$900,000 more life insurance and is now in what insurance circles call the "million and a half class," as his policies written by several of the old line life insurance companies amount to that figure approximately.

Music in Shakespeare's Time.

Shakespeare's time was an age of music. "Catches" were sung by gentlemen as well as by weavers and tinkers. Lute, cithern or virginals were in every barber's shop for the diversion of customers. * * * Thomas Morley may be using the blessed argument of a music teacher when he tells us that a gentleman was counted but a boor if he could not play the lute or sing a part in a madrigal, but there is no getting over the craggy fact that over eighty collections of madrigals, ayres and songs were printed and published between 1587 and 1630, in addition to which vast collections of early music still remain in manuscript. With an aristocracy fond of music and accustomed to play and listen to music and song, music in the theater was almost as inevitable in England as in Italy, says the London Musical Record. It was considered a manly accomplishment to play the hunting horn. Every gentleman who kept hounds could wind it. A punctilious etiquette fixed the correct set of notes for each operation of the chase. Usually a play had at least one song.

Fish Exhibit Emotions.

We are accustomed to think that only we humans become pallid with fear or agitated with joy, but some experiments with perch in the artificial pond show that when their repose is suddenly disturbed by tapping on the glass the fish visibly tremble, and the bars which are characteristic of this species actually disappear for the time being, only to reappear when the disturbance is removed and the equanimity of the fish is restored.

Sometimes a pike that is rapidly advancing on his prey becomes suspicious about the latter's character. The pursuer will suddenly stop in an attitude of doubt, his back will arch, and he will remain suspended as though studying the cause of his suspicions. Only when he is thoroughly reassured does he become rigid, to advance to the final attack; if his suspicion is not allayed he drops to the bottom of the pond or swims off in disappointment.—Popular Science Monthly.

Success.

"One night at Lady Jeune's house Joseph Chamberlain said to me that he believed any man of even moderate endowment could attain any given aim which he set before him with unremitting effort and 'enduring to the end.' To my question, 'Why, then, do so many men fall short of their ambitions?' he answered: 'They come to the place where they turn back. They may have killed the dragon at the first bridge and at the second, perhaps even at the third. But the dragons are always more formidable the farther we go. Many turn back disheartened, and very few will meet the monsters to the end. Almost none is willing to have a try with the demon at the last bridge, but if he does he has won forever.'—Princess Lazarovich in Century.

A Country of Earthquakes.
Japan is peculiarly the victim of elemental forces. The only satisfaction its people can derive from living in a country which contains fifty-one active volcanoes and has an average of about 500 earthquake shocks yearly is that in all probability Japan would never have existed but for the seismic and volcanic agency which has elevated whole districts above the ocean by means of repeated eruptions.

Ceres.

In the classic mythology Ceres is the goddess of the harvest, or, to be more specific, of the cereals. According to Ovid, Meta., book 5, Ceres first taught men to plow the fields and also to have fixed laws, the meaning of which is that laws originated with the settled state known as agriculture.

A Hard Question.

Modern Maiden—I wish advice. Old Lady—Certainly, my dear. What is it? Modern Maiden—Shall I marry a man whose tastes are the opposite of mine and quarrel with him, or shall I marry a man whose tastes are the same as mine and tire of him?

Laws.

The laws of a country must be like a large river and not like a small ditch. Men do not fall in a river because it is remarkably wide and deep, while they often fall into a ditch because it is so narrow and shallow.—Kynoso.

Bad Arguments.

The best way of answering a bad argument is not to stop it, but let it go on its course until it overlaps the boundaries of common sense.—Sydney Smith.



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